

ELEMENTS

ON THE FALLS

ALL DAY MENU

SOUPS & SALADS

Chef's Soup of the Day 6.95

Creamy Clam Chowder

with Herb Croutons 7.25

**Oven Roasted Onion, Garlic
and Fennel Soup**

Woodstock Cheddar, Mozzarella Crust 7.45

"ELEMENTS" Salad

Mixed Greens, Shredded Carrot, Cucumber
Tomato, Choice of Dressing 6.95

Caesar Salad

Hearts of Romaine with Shaved Parmesan
Crispy Bacon Bits, Herb Croutons
with Creamy Garlic Dressing 10.95

**With Chicken Breast 16.95*

**With Grilled Shrimp 17.95*

SIGNATURE SANDWICHES

Smoked Ontario

Turkey Breast Wrap

Woodstock Cheddar, Lettuce, Tomatoes in a
Tomato Wrap with Cranberry Mayonnaise
and Mixed Greens 14.95

Prosciutto Ham

and Provolone Cheese

Ciabatta Bread, Lettuce, Tomatoes
Balsamic Roasted Vegetables
and Mixed Greens 16.25

Smoked Atlantic Salmon Croissant

with Herbed Cream Cheese
and Mixed Greens 16.95

Grilled Cajun Chicken Breast

with Swiss Cheese, Back Bacon
Honey Grain Mustard Mayonnaise
Lettuce, Tomato, on a Toasted Sesame Bun
and French Fries 16.95

ENTREES

Penne Pasta

Canadian Bacon, Peas, Sun-dried Tomatoes
Creamy Parmesan Cheese Sauce 16.95

Grilled New York Sirloin Steak 6 oz

with Sautéed Button Mushrooms
and French Fries 19.95

Pasta Primavera

Basil Scented Vegetables
and Plum Tomato Sauce 15.95

Teriyaki Chicken

& Vegetable Stir Fry

with Chinese Noodles 17.95

Elements Burger

Grilled 6 oz. Beef Burger

Lettuce, Tomato, Onion, Dill Pickle and French Fries 13.95

Add: *Canadian Bacon, Canadian Cheddar*

Grilled Portobello Mushroom Each 1.95

SWEET ENDINGS

Niagara Apple Barge

Warm Cinnamon-scented Apples and Raisins
with Vanilla Bean Ice Cream in Filo Pastry 7.29



Sweet Black Cherry Ice Cream Cake

Whipped Cream and Chocolate Sauce 7.29

Baked New York Style Cheesecake

Seasonal Fresh Fruit Sauce 7.29



Triple Chocolate Extravaganza

Chocolate Sponge Cake
Chocolate Mousse with Chocolate
Frosting and Wild Berry Coulis 7.29

Seasonal Ice Cream or Sherbet

Please ask your Server for Today's Selections 5.29

FROTHY COFFEES

Espresso 3.75

Double Espresso 4.75

Cappuccino 4.75

Caramel Cappuccino 5.75

Latte 4.75

Chai Tea Latte 5.75

